



echo

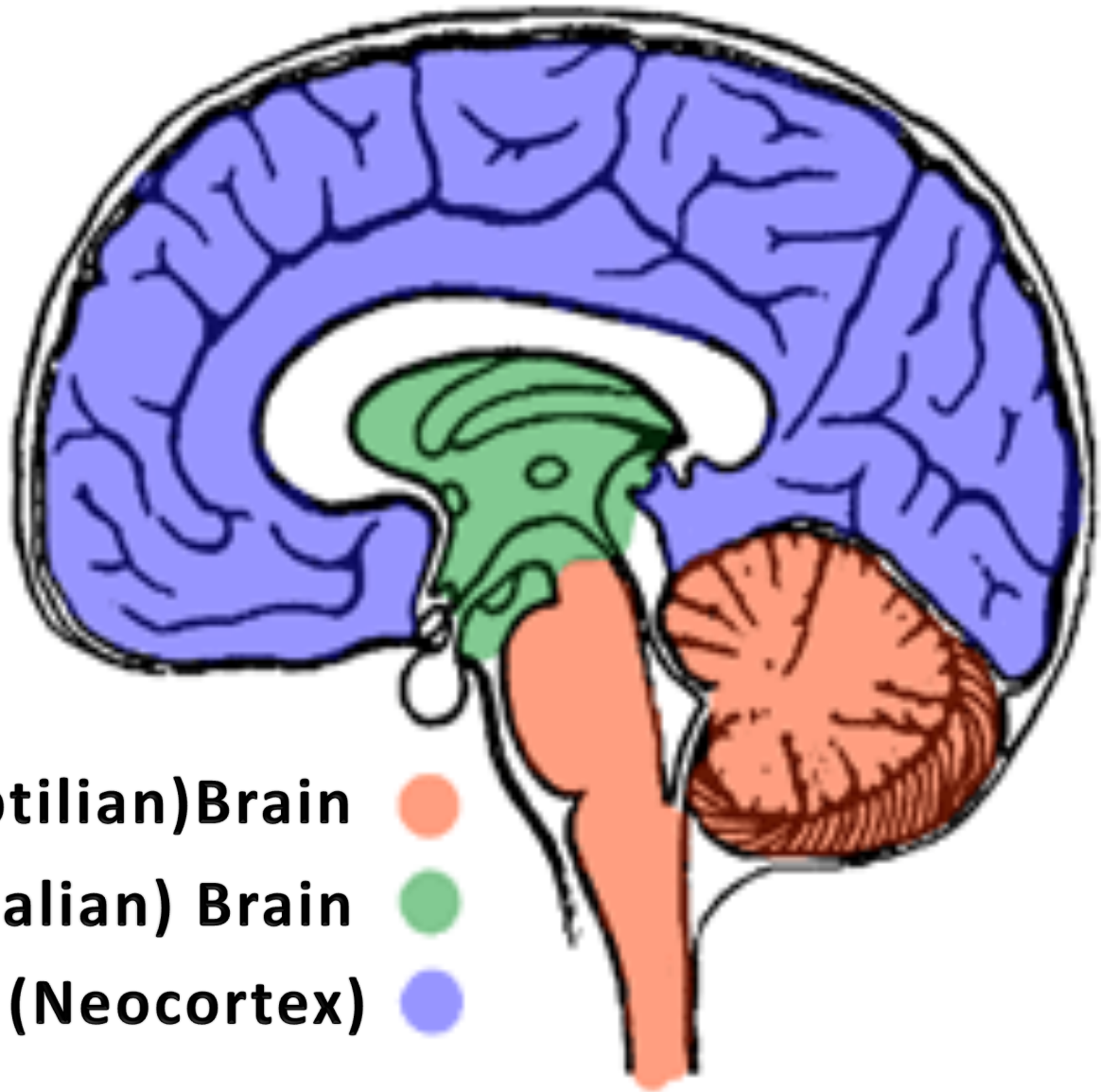
Emotional Regulation

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Regulating the Brain



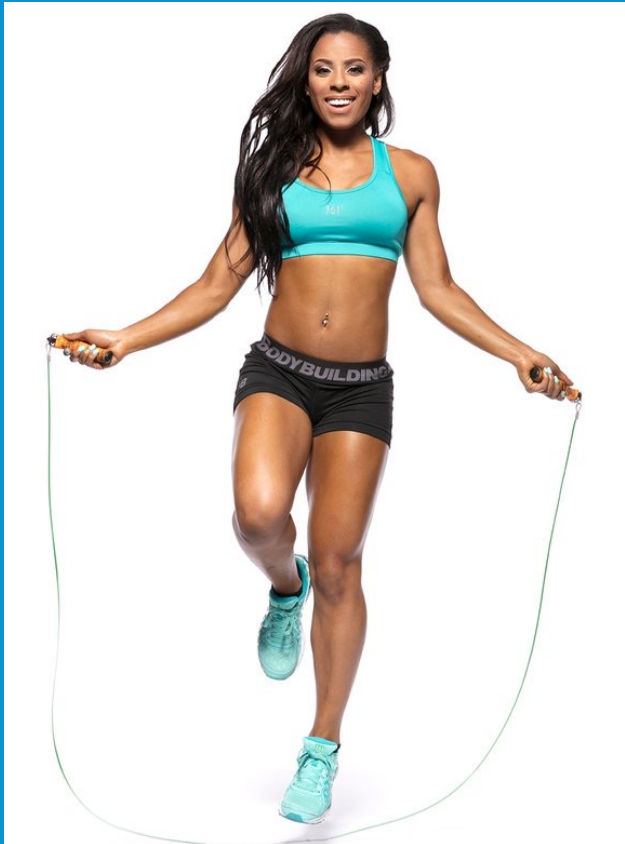
- Survival (Reptilian) Brain ●
- Emotional (Mammalian) Brain ●
- Thinking Brain (Neocortex) ●

PET THE LIZARD



Rhythmic & Repetitive

- Singing, chanting, dancing, drumming
- Yoga, Tai Chi, and Qi Gong
- Walking, running, swinging, trampolining
- Massage



Just 15 minutes in nature



reduces cortisol



Engage lower body
and feel feet



Engage extensors



HUG THE BEAR



- Social support – membership of group
- Attuned, loving attention of caregiver (“earned attachments”)
- Getting a hug
- Other mammals
- Emotional outlet
- Sense of hope
- Feeling of control



QUIET THE MONKEY



- Mindfulness – bring into present
- Meditation – calm the chattering mind
- Journaling, writing
- Reading, crosswords, watching TV
- Being read a story



Other Regulation Strategies

- Pacing
- Coloring
- Stroking pet
- Hot shower
- Music
- Snap bubble wrap
- Jokes
- Cold face cloth
- Blanket



- Splashing cold water on hands or face
- Using the gym
- Molding clay
- Clicking pen
- Talking to friends
- Yours?

